



Returning to Work for Those Who Have Had Close Contact to COVID-19

If you had close contact with a person who has COVID-19 while they were contagious*, watch for symptoms and follow all recommendations (e.g., wear a mask, watch your distance, and wash your hands often) for 14 days after last exposure.

Close contact includes:

- Being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or
 - Having exposure to respiratory secretions (e.g., being coughed or sneezed on; sharing a drinking glass or utensils; kissing) from a person who has COVID-19, or
 - Providing care for a person who has COVID-19, or
 - Living with a person who has COVID-19
- *A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.*

If your student/employee has been in close contact with someone who has COVID-19, they may return to school or work if they meet the criteria in 1 or 2 below:

1. Close contact in a community setting (school, work, church, etc.):

- ☐ It has been 14 days* since I had close contact with someone who has COVID-19 (Day of close contact = Day Zero) AND I have no symptoms.

Date of close contact: _____

2. Living with a person or persons that have COVID-19, i.e. ongoing exposure:

- ☐ It has been 14 days* since the last day of isolation of the COVID-19 positive person in my household AND I have no symptoms (Last day of isolation for person with COVID-19 = Day Zero of quarantine for those without COVID-19).

Date of COVID-19 positive household member's day 10 in isolation: _____

Please see https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/Home-IsolationQuarantine-Release-Graphic_FINAL.pdf for more guidance on when to end quarantine.

Student/Employee Name _____

Student/Employee Signature (parent/guardian if under age 18) _____

*14 days is still the recommended quarantine period by the CDC and VDH. [Critical infrastructure](#) workers may shorten their quarantine if they are unable to stay home.

*Day 14 is the last day in quarantine, day 15 is the first day they may resume normal activities.